



Richard J. Codey, Acting Governor • AUGUST 2005 • Rolando Torres, Jr., Commissioner

Working Well Together

by Rolando Torres, Jr.
NJDP Commissioner

Dear Fellow Employees,

Like many of you, I am a career public employee—I have been working for the State for over 15 years. Because I have worked alongside you, I am aware of the amount of work that our State and local workforce does to keep our State moving ever forward. Yet, in my years as a State worker, I was always amazed that there was not a comprehensive, coordinated wellness program to keep New Jersey's workforce healthy.

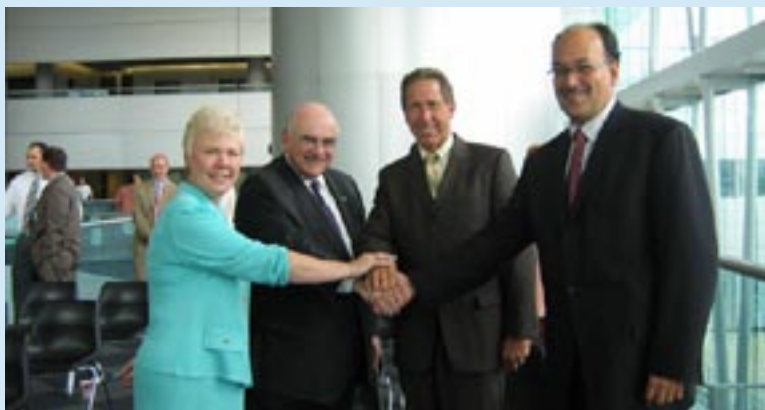
When Governor Richard J. Codey appointed me Commissioner of the Department of Personnel, I knew that one of my most important goals would be to create a program to help our employees to be healthy on and off the job. I am happy to report that *Working Well New Jersey*, a partnership between the Department of Personnel and the Department of Health and Senior Services, is ready to serve as that comprehensive, consistent initiative to achieve employee health and wellness across all State agencies.

Working Well New Jersey would not have been possible without the immediate support of my fellow Commissioner, Dr. Fred Jacobs, M.D., J.D. Dr. Jacobs pledged his immediate support for this program, and in doing so, gave *Working Well New Jersey* access to the incredible resources that the Department of Health and Senior Services offers.

In creating *Working Well New Jersey*, we developed alliances with some of the largest non-profit agencies in the country. One of our first national non-profit partners was the American Cancer Society which has been

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Working Well NJ Campaign launched



Shown above are partners in the Working Well NJ Campaign at a Cancer Prevention Session this summer. From left, from the Department of Health and Senior Services are Peg Knight, Executive Director Cancer Control, and Commissioner Fred Jacobs, M.D., J.D., from the American Cancer Society, James Nealy, Eastern Division COO, and from NJDOP, Commissioner Rolando Torres, Jr.

Message From Department of Health & Senior Services Commissioner Fred M. Jacobs, M.D. J.D.

According to the American Cancer Society, skin cancer is the most common type of cancer, with more than one million cases diagnosed each year in the United States. There are, however, simple steps that you can take to protect yourself and your family from this disease.

We've had some hot, sunny, humid days through July and August, and we're expecting a wonderful, sunny end to the summer with all of its attendant pools, parades and picnics out of doors.

That makes it all the more important to protect our skin from the summer sun. It's not hard to do, but it's easy to forget. A quick application of SPF 15 sunscreen every two hours or so and a hat can make a difference between fun outdoors and getting the kind

of skin damage that leads to skin cancer.

- One out of every five people will develop skin cancer. People from all racial and ethnic groups can develop skin cancer, although those with lighter skin are at much greater risk.
- If caught early, skin cancer can be treated successfully with outpatient care. But it can also be extremely serious and even deadly.
- Melanoma, the most common cancer in the United States, affected 1,920 people in New Jersey last year.

Please remember to protect yourselves and your families, and especially your children throughout the summer from the harmful effects of the sun.

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Commissioner Torres

invaluable in helping to forge *Working Well New Jersey*. The American Diabetes Association, the American Heart Association, the Arthritis Foundation and others support this statewide program—and more organizations are joining with us every day.

We have also found partners in a previously untapped reservoir – New Jersey government. There are a myriad of programs like the Department of Health's Quit2Win, QuitNet, and QuitLine smoking cessation programs; the Department of Agriculture's Five-A-Day nutrition campaign, the Attorney General's bike helmet and car safety program and so much more. Through *Working Well New Jersey*, we will bring these resources to New Jersey's public employees.

The goal of *Working Well New Jersey* is to provide public employees across the State with the knowledge, resources and incentives to improve the quality of their lives at home and in the workplace. By engaging in regular physical activity, making healthy living choices, getting regular medical checkups and more, we can set the standard for all of New Jersey.

Sincerely,

Rolando Torres, Jr.



Summer is the right time to put our kids on the lifetime path to good nutrition

Summer in New Jersey means going down to the shore, enjoying lazy afternoons in the sun, playing a round of golf or tennis, tubing down the Delaware, hearing the sounds of kids splashing in a pool, and then feasting on the bounties of New Jersey Fresh produce. It is also the time when our kids are out of school and school does not act as a regulator of their lives. Summer is a time when kids are at home all day, every day.

This summer offers a chance for all New Jersey parents to practice the new school nutrition policy adopted by the New Jersey Department of Agriculture (DOA) that kids will soon experience during school months.

Acting Governor Codey announced the school nutrition policy at the end of June. While the new DOA policy doesn't become a mandate for two more years, it is an instant model for good nutrition for New Jersey children—and a model that New Jersey kids clearly need to follow because too many of our children are overweight.

A 2002 joint study by the New Jersey Departments of Education and Health and Senior Services reported these alarming findings:

- 18 percent of New Jersey sixth graders are overweight
- 20 percent of NJ sixth graders are obese
- Just 60 percent of the State's sixth graders weigh in normally

Overall, the study said, two things need to be emphasized to fight the alarming levels of obesity in children and to keep children on a path to healthy living—good nutrition and exercise.

That's where State employee parents and grandparents can come in now that summer has arrived and school is out.

The same nutrition rules that the State will institute in all schools in New Jersey to combat childhood obesity and the health problems

that obesity brings early on in life, like diabetes and heart and circulatory ailments, need to be practiced at home, in everyone's home—in your home.

The State agricultural rules say that sugared sodas are out in school, while fruits, vegetables, low fat milk and whole grains are in. Foods that list sugar in any form as the first ingredient are out, candy is out, and food products containing trans fats are frowned upon (all foods will have to list trans fat content by next January 1st under federal regulations).

Here's a concrete policy example: In elementary schools, 100 percent of all beverages offered to kids will have to be milk, water or 100 percent fruit or vegetable juices. In middle and high schools 60 percent of all beverages offered to students, except for milk and water, will have to be 100 percent vegetable or fruit juices.

In the not too distant future, New Jersey's kids, including the kids of State employees, will be learning these new rules of nutrition in the practical realities of what they can eat and drink at school. This summer, when the kids are home, is the right time to start them on this

lifetime path to good nutrition.

And while we're teaching kids about healthy new habits, let's not forget exercise. Summer is the time for play—for biking, hiking, jumping, running, swimming and other sports. Let's encourage our kids to leave their computers, televisions and other passive activities for the backyard, the swimming pool and the playing field for an hour or two every day. The best anti-obesity medicine is good diet and plenty of exercise. This summer is a good time to encourage our children to start learning and practicing good lifetime habits.

For more information about New Jersey's new school nutrition policy, visit www.state.nj.us/modelnutritionpolicy.htm.



Protect your family from skin cancer

The New Jersey Departments of Personnel (NJDP) and Health and Senior Services (NJHSS) joined with the American Cancer Society (ACS) for an educational presentation on skin cancer at the Hughes Justice Complex in Trenton for employees of the Departments of Law and Public Safety and Agriculture, the Judiciary and the Office of the Public Defender.

At the presentation, expert speakers including Jim Nealy, Chief Operating Officer of ACS; Nancy Byrne, Director of Tourism; Peg Knight, RN, Med., Executive Director, Office of Cancer Control and Prevention; and Sgt. Joseph Geleta, a skin cancer survivor, offered valuable information on the dangers of skin cancer. In addition, to show employees the cumulative damage that results from sun exposure to the face, the ACS provided free DermaScan screenings for everyone who attended the program.



The experts at the NJDHSS offered attendees the following tips to help protect against the harmful rays of the sun:

- Select a sunscreen that blocks both UVA and UVB rays with a sun protection factor (SPF) of at least 15.
- Wear protective clothing like long-sleeve shirts and long pants.
- Wear a hat with a four-inch brim to shade the face, eyes and back of the neck.
- Avoid outdoor activities at mid-day when the sun is strongest.
- Wear proper sunglasses that protect the eyes from UV rays and protect the skin around the eyes.

If you are interested in attending or hosting a similar program, please contact Elaine Kennedy at *Working Well NJ* at 609-633-7464.

Keep germs at bay: Practice barbecue safety today!

Few things are as enjoyable as getting together with friends and family members for a summer picnic at your favorite park, lake or beach. But your outing can turn unpleasant in a hurry if you don't take precautions to avoid foodborne illnesses.

- The rinds of melons can carry bacteria, so wash them thoroughly before slicing.
- Using the same utensil to cut raw meat, pickles and onions can result in cross-contamination and sickness, so carry several utensils.
- Pack two ice chests: one containing sodas and other beverages that will be opened frequently, and the other con-

taining the food for the picnic that must remain cold.

- Grilled meat must be cooked thoroughly to avoid bacteria. A hamburger should never be pink in the middle.
- To avoid bacteria growth, never let cold foods sit out for more than one hour.
- Carry your favorite brand of hand wipes to clean hands before preparing food and before eating.



Source: *BecauseWeCare*, a publication of the American Cancer Society.



UPCOMING WWNJ EVENTS

WORKING WELL NJ

EXECUTIVE COMMITTEE MEETING

Thursday, Aug. 18, 2 PM
10th Floor Conference Room
NJ DOP
44 South Clinton St., Trenton

WORKING WELL NJ WELLNESS EVENTS

Department of Law and Public Safety

- **Skin Cancer (DermaScan) Event**
Wednesday, Aug. 31, 12 noon to 2 PM
- **Diabetes Event**
Wednesday, Sept. 21, 12 noon to 2 PM
- **Arthritis Event**
Wednesday, Oct. 19, 12 noon to 2 PM

SAVE THE DATE

WORKING WELL NJ 1ST ANNUAL FITNESS CHALLENGE, WALK AND RALLY

Friday, Oct. 21,
12 Noon
State House Steps
Trenton



**Join your fellow public employees
for a one mile walk — get valuable in-
formation and tips to keep you and your
family healthy.**

Just do it — for your health!



**To learn more about
WORKING WELL NJ
or to book an event
at your department,
please call Carrie Wynder at
609-292-8217
or visit www.nj.gov/personnel**



Working Well NJ Healthy Summertime Recipes

TARRAGON CHICKEN & VEGETABLES

INGREDIENTS:

- ½ cup white vinegar
- ½ cup vegetable oil
- 2 tsp. soy sauce
- 1 clove minced garlic
- 1 ½ tsp. chopped fresh tarragon
- 2 whole chicken breasts, halved
- 3 medium carrots, cut into one-inch pieces
- 1 medium zucchini, cut into one-inch pieces
- 1 large onion, cut into one-inch pieces

INSTRUCTIONS:

- 1) For marinade, combine vinegar, oil, soy sauce, garlic, and tarragon. Reserve ¼ cup of the marinade. Put chicken in plastic bag and place in a bowl. Seal bag and turn to coat the chicken. Marinate in the refrigerator for 2 hours.
- 2) Preheat oven to 375 degrees F. Drain chicken and discard marinade. Put chicken in a shallow baking pan. Toss vegetables with the ¼ cup of marinade. Place in 1 ½ - qt. casserole dish and cover.
- 3) Bake chicken and vegetables for 25 minutes. Remove cover from vegetables. Bake for 20-25 minutes or until chicken is tender and no longer pink.
- 4) Serve chicken.

NUTRITIONAL INFORMATION:

- 4 total servings in recipe
- 89 calories
- 5g carbs
- 18g protein
- 1g fat
- 2g fiber
- 40mg cholesterol

By: Dave Klama, Building Management staff,
NJ Department of Personnel
Culinary Arts Graduate of Mercer County
Community College

JERSEY FRESH SALSA

INGREDIENTS:

- 3 lg. Jersey Fresh tomatoes, peeled and diced
- ½ c. white onion, chopped fine
- ½ jalapeno pepper, chopped
- 1 Anaheim pepper, seeded and chopped
- ½ sweet red pepper, chopped
- 2 tbsp. cilantro, chopped
- ¼ tsp. salt
- 1 tsp. white wine vinegar
- 1 tbsp. Water or tomato juice

INSTRUCTIONS:

- 1) Place tomatoes in a colander to reduce the tomato liquid while you prepare the rest of the ingredients. Place a bowl under the colander if you want to collect the tomato juice.
- 2) Put all ingredients in a glass, ceramic or stainless steel bowl. Mix well, let stand for 30 minutes.
- 3) Serve Salsa with baked tortillas, with meats, or with other main dishes.

NUTRITIONAL INFORMATION:

- 4 total servings in recipe, 2/3 cup each
- 48 calories
- 11g carbs
- 2g protein
- 1g fat
- 2g fiber
- 0mg cholesterol

From "Diabetes Recipes," developed by the FDA's Office of Women's Health and the National Association of Chain Drug Stores and the American Diabetes Association.